



COVID-19

19 Close Contacts

Updated May 18, 2022

Download and Print: Recommendations for People with COVID-19 [128 KB, 1 page] and Recommendations for COVID-19 Close Contacts [130 KB, 1 page]

Recommendations for People with COVID-19

Have you tested positive for COVID-19 or have mild symptoms and are waiting for test results?

Here's What To Do:

Isolate. Stay at home for at least 5 days.*

STAY HOME
To keep others safe in your home, wear a mask, stay in a separate room and use a separate bathroom if you can.

- Do not travel for 10 days.**
- If you can't wear a mask, stay home and away from other people for **10 days**.
- To calculate the recommended time frames, **day 0** is the day you were tested if you don't have symptoms, or the date your symptoms started.
- Contact your healthcare provider to discuss your test results and available treatment options. Watch for symptoms, especially fever. If you have an [emergency warning sign](#), such as trouble breathing or persistent chest pain or pressure, seek emergency medical care immediately.

Day 6: Do a self-check. How are you feeling?
You could have loss of taste or smell for weeks or months after you feel better. These symptoms should not delay the end of isolation.

SELF CHECK

- No symptoms or symptoms improving. No fever without fever-reducing medication for 24 hours: You can leave isolation. Keep wearing a mask around other people at home and in public for **5 more days** (days 6-10).
- Symptoms not improving and/or still have fever: Continue to stay home until 24 hours after your fever stops without using fever-reducing medication and your symptoms have improved.
- After you feel completely better, keep wearing a mask around other people at home and in public through **day 10**.



*If you are **moderately or severely ill** (including being hospitalized or requiring intensive care or ventilation support) or **immunosuppressed**, please talk to your healthcare provider about when you can end isolation. Please refer to [COVID-19 Quarantine and Isolation](#) for guidance on isolation in healthcare settings and high risk congregate settings (such as correctional and detention facilities, homeless shelters, or cruise ships).

Recommendations for COVID-19 Close Contacts

Have you been in close contact with someone who has COVID-19? You were a close contact if you were less than 6 feet away from someone with COVID-19 for a total of 15 minutes or more over a 24-hour period ([excluding K-12 settings](#)).

Here's What To Do:

Protect Others
Take these steps to keep others safe.

- Quarantine** if you are not up to date with COVID-19 vaccines or didn't have COVID-19 in the past 90 days. Stay home and away from other people for at least **5 days**. If you are up to date or had COVID-19 in the past 90 days you do not have to quarantine.
- Avoid travel through day 10.**
- Wear a mask** around other people for **10 days**.
- Watch for symptoms of COVID-19 for 10 days.**

Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

Get Tested
Get a COVID-19 test on or after **day 5** or if you have **symptoms**. People who had COVID-19 in the past 90 days should only get tested if they develop symptoms.

- You tested **negative**. You can leave your home. Keep **wearing a mask** in public and when traveling through **day 10**.
- You tested **positive** or have **symptoms**. **Isolate** away from other people. Stay home for at least **5 days** and follow steps for [isolation](#).
- Do not travel for 10 days.**

If you are unable to get tested, you can leave your home after day 5 if you have not had symptoms. Keep wearing a mask in public and avoid travel through day 10.



Please refer to [COVID-19 Quarantine and Isolation](#) for guidance on quarantine in healthcare settings and high risk congregate settings (such as correctional and detention facilities, homeless shelters, or cruise ships).

Download and Print en Español: Recommendations for People with COVID-19 – Spanish [PDF – 130 KB]
Recommendations for COVID-19 Close Contacts – Spanish [PDF – 130 KB]

Recomendaciones para las personas con COVID-19

¿Dio positivo en una prueba de COVID-19 o tiene síntomas leves y está esperando los resultados de una prueba?

Esto es lo que debe hacer:

Aíslese. Quéedese en casa por al menos 5 días.*



Para mantener sanas a las demás personas en su casa, use una mascarilla, quéedese en una habitación separada y use un baño separado, si es posible.



No viaje durante los próximos 10 días.



Si no puede usar una mascarilla, quéedese en casa y alejado de los demás durante 10 días.



Para calcular los periodos recomendados, el día 0 es el día en que se le hizo la prueba si no tiene síntomas, o el día en que sus síntomas comenzaron.



Comuníquese con su proveedor de atención médica para conversar sobre los resultados de su prueba y las opciones de tratamiento disponibles. Esté atento a si presenta síntomas, especialmente fiebre. Si tiene algún signo de advertencia de una emergencia, como dificultad para respirar, o dolor o presión persistente en el pecho, busque atención médica de emergencia de inmediato.



Día 6: Autoevalúe sus síntomas. ¿Cómo se siente?

Podría presentar pérdida del gusto o del olfato por semanas o meses después de sentirse mejor. Estos síntomas no deberían demorar el final del aislamiento.



No tiene síntomas o están mejorando. No tuvo fiebre en las últimas 24 horas sin usar medicamentos para reducirla: puede finalizar el aislamiento. Continúe usando una mascarilla cuando esté cerca de otras personas en su casa y en lugares públicos por 5 días más (días 6-10).



Los síntomas no mejoran o todavía tiene fiebre: continúe quedándose en casa hasta 24 horas después de que haya dejado de tener fiebre sin usar medicamentos para bajarla y sus síntomas hayan mejorado.



Después de que se sienta completamente mejor, siga usando una mascarilla cuando esté cerca de otras personas en su casa y en lugares públicos hasta completado el día 10.



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*Si está moderada o gravemente enfermo (incluso si está hospitalizado, o necesita cuidados intensivos o respirador mecánico) o inmunodeprimido, contacte a su proveedor de atención médica sobre cuándo puede finalizar el aislamiento. Consulte la página Cuarentena y aislamiento por el COVID-19 para obtener información sobre el aislamiento en los entornos de atención médica y de alto riesgo con concentración de personas (como centros correccionales y de detención, refugios para personas sin hogar o cruceros).

MLS 330563

Recomendaciones para las personas que tuvieron contacto cercano con alguien con COVID-19

¿Ha tenido contacto cercano con alguien que tiene COVID-19? Fue un contacto cercano si estuvo a menos de 6 pies (2 metros) de alguien con COVID-19 durante 15 minutos o más en un periodo de 24 horas (no incluye los entornos escolares K-12).

Esto es lo que debe hacer:



Proteja a los demás

Tome estas medidas para proteger a los demás.



Póngase en cuarentena si no está al día con las vacunas contra el COVID-19 o no tuvo COVID-19 en los últimos 90 días. Quéedese en casa y alejado de los demás por al menos 5 días. Si está al día con las vacunas contra el COVID-19 o tuvo COVID-19 en los últimos 90 días, no tiene que ponerse en cuarentena.



Evite viajar hasta completado el día 10.



Use una mascarilla por 10 días cuando esté cerca de otras personas.



Esté atento a si presenta síntomas de COVID-19 por 10 días.

Estar al día significa que una persona ha recibido todas las vacunas contra el COVID-19 recomendadas, incluidas las dosis de refuerzo, al ser elegible.



Para calcular los periodos recomendados, el día 0 es el último día en que tuvo contacto cercano con alguien con COVID-19.



Si no puede usar una mascarilla, **quéedese en casa** (póngase en cuarentena) y manténgase alejado de los demás, y no viaje durante los próximos 10 días.



Hágase una prueba

Hágase una prueba de COVID-19 en el día 5 o más adelante si tiene síntomas.

Las personas que tuvieron COVID-19 en los últimos 90 días solo deberían hacerse una prueba si presentan síntomas.



El resultado dio **negativo**. Puede salir de su casa.



Siga usando una mascarilla en lugares públicos y cuando viaje hasta completado el día 10.



El resultado dio **positivo** o tiene **síntomas**.



Aíslese de otras personas. Quéedese en casa por al menos 5 días y siga los pasos para [aislarse](#).



No viaje durante los próximos 10 días.

Si no puede hacerse una prueba, puede salir de su casa después del día 5 de no tener síntomas. Siga usando una mascarilla en lugares públicos y cuando viaje hasta completado el día 10.



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Symptoms not improving and/or still have fever: Continue to stay home until 24 hours after your fever stops without using fever-reducing medication and your symptoms have improved.

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If you are unable to get tested, you can leave your home after **day 5** if you have not had symptoms. Keep wearing a mask in public and avoid travel through **day 10**.

To calculate the recommended time frames, **day 0** is the date you last had close contact to someone with COVID-19.

If you can't wear a mask, **stay home** (quarantine) and away from other people, and do not travel for **10 days**.

Please refer to [COVID-19 Quarantine and Isolation](#) for guidance on quarantine in healthcare settings and high risk congregate settings (such as correctional and detention facilities, homeless shelters, or cruise ships).

